

Fruit Dippers

Makes: 4 servings

With just three ingredients and three steps, this snack recipe is perfect for kids or beginner cooks of all ages.

Ingredients

1/2 cup yogurt, low-fat vanilla

1/8 cup peanuts (chopped)

2 cups fruit (grapes, banana slices, apple wedges, strawberries)

Directions

1. Combine yogurt and peanuts. Mix with a spoon.
2. Place a toothpick in the center of each fruit.
3. Dip fruit into the yogurt peanut mixture.

Source: USDA, Food and Nutrition Service (FNS) and Food and Drug Administration (FDA)

Nutrition Information

Nutrients	Amount
-----------	--------

Calories	85
-----------------	-----------

Total Fat	1 g
-----------	-----

Saturated Fat	0 g
---------------	-----

Cholesterol	2 mg
-------------	------

Sodium	20 mg
--------	-------

Total Carbohydrate	17 g
--------------------	------

Dietary Fiber	3 g
---------------	-----

Total Sugars	14 g
--------------	------

Added Sugars included	2 g
-----------------------	-----

Protein	3 g
----------------	------------

Vitamin D	0 IU
-----------	------


Calcium	66 mg
---------	-------

Iron	0 mg
------	------

Potassium	249 mg
-----------	--------

N/A - data is not available

MyPlate Food Groups

 Fruits	1/2 cup
--	---------